

From the desk of:

Our School Nurse



Is your child too sick for school?

So what if it is almost time to send your child to school and they say that they feel sick? How do you decide to keep your child home from school? Consider using these tips as guidelines:

- **A temperature over 100.0 F.** Remember that Tylenol, Advil, etc can mask the effects of a fever, so try to take your child's temperature before you give fever-reducing medicine. Students must be *fever free for a 24-hour period* in order to be considered non-contagious, and should be kept home until this period passes.
- Persistent vomiting and/or diarrhea.
- A severe cold with fever, sneezing, and thickened nasal discharge, especially for younger children, who do not remember to cover their mouth or wash hands.
- A cough that keeps a child awake at night, worsens with increased activity, or is combined with other symptoms.
- A persistent red sore throat, especially if the tonsils are enlarged.
- A severe and persistent earache.
- Redness in the whites of the eyes, yellow eye discharge and matted lashes are symptoms of conjunctivitis (pink eye). A doctor should be consulted for treatment, as this is highly contagious.
- Rashes can be difficult to evaluate. If they are all over the body, blistered, oozing, or painful, this could be a sign of a contagious infection, such as chicken pox or measles. Please consider checking with your child's doctor or the school nurse **before** you send your child to school.

Remember the suggestions above should be considered a guide. If you still unsure whether to send your son/daughter to school, please call your family physician or the school nurse at 513-521-0774 and I can offer you further guidance.